



DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XX, ISSUE 8

A newsletter for D.C. Seniors

August 2005

Celebrating Older Washingtonians and 30 years of the Office on Aging

EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

Summertime and the living is easy, so the song goes. Washington's elders are all too familiar with our nation's capital's hot and humid August weather, which can cause heat stress and subsequent medical problems. Please pay special attention to the **Heat Alert** message in this issue of "Spotlight on Aging." The D.C. Department of Health has some tips to prevent heat illness, warning signs, and steps to take when you see the warning signs. Cut this out and keep it on your refrigerator so you will know what to do.

MEDICARE PART D IS COMING and will provide senior citizens with assistance with their prescription drug costs. We are including in this issue the first of a three-part series to ensure that all seniors have the information needed to sign up in the coming months for the program.

Thank you for your positive comments and feedback about the photos depicting special events that appear in "Spotlight." In this issue we share photos from the D.C. Commission on Aging Annual Intergenerational Poster Contest, the kick-off of the Senior Citizens' Police Academy and the annual Ms. Senior D.C. Pageant.

Last and definitely not least, the aging community will mourn the loss of James Booze, chairperson for the D.C. Commission on Aging. Dependable, loyal, helpful, intelligent, concerned, loving, lighthearted, a true friend. That's how we in the D.C. Office on Aging and Senior Service Network will remember Chairperson Jim Booze.

ATTENTION: District Senior Arts and Crafters!

Spaces are available for you to sell
your handmade arts and crafts at
ELDERFEST 2005 on **September 8**
at Freedom Plaza.

To reserve your space, call
Robinette Livingston
at **202-584-4431**

With Fondest Memories and Deep Appreciation of James "Jim" Booze



*D.C. Commission on Aging
Chairperson Jim Booze
passed away on June 25, 2005.
His life can best be defined as
a lifetime of service.*

Born in Washington, D.C., where he completed his education, Jim Booze enlisted in the United States Navy and served as one of the first African-American submariners during World War II. He was called back to duty for a second time and served during the Korean War. After his second honorable discharge from the Navy, Jim was employed by the Veteran's Administration where he worked until his retirement.

Jim's commitment and desire to be of service was constant and steadfast. Being of service to his community was Jim's major goal after retirement. He volunteered countless hours in his efforts to make the world a better place for others.

Convinced that in a country as rich as the United States, no one in America, and certainly in the Nation's Capital, should be hungry, Jim was determined to feed those in need, and that is what he did. Jim was greatly concerned about the homeless and was a fervent advocate on their behalf. He also worked to provide scholarships for young athletes, and he served on Fridays as a volunteer at the United States Navy Memorial as a greeter and docent to tourists.

A True Senior Citizen Advocate

Jim's love for seniors and youth was always apparent. He was quite outspoken and adamant in his belief that the elderly deserved to be treated with respect and dignity and should be revered. Likewise, the youth respected him. He worked tirelessly with the Office of the People's Counsel, never missing an opportunity to support legislation that would benefit the community, especially seniors.

Because of Jim's dedication to serve, he was appointed to several leadership positions. His service included his appointment by Mayor Williams and former Mayor Barry to the D.C. Commission on Aging as Chairperson, Vice Chairperson and Committee member; appointment to the Advisory Council for the Homeless; Chairman of the ANC 5B; Chairman of the Board for Carver Terrace and Langston Terrace; Advisory Council for the Retired Senior Volunteer Program; Advisory Council for the JB Johnson Nursing Facility; Advisory Council to the Family and Child Services; Coordinator for the District of Columbia Chapter of the American Heart Association 1986 to 1992; and various executive offices in the Pigskin Club.

Those who knew Jim will always remember his vivacious spirit and his knack for recounting interesting and often humorous anecdotes. He had a terrific fun side — especially when telling stories of his youthful "Navy Days," serving on Councilmember Mayor Marion Barry's support team, or speaking of his dear friend former Commissioner on Aging member and senior advocate Jim O'Donnell, whom he playfully referred to as "Salt" to his "Pepper."

Today we salute Chairperson Jim Booze and thank him for the rich legacy he has left the citizens of this great city. Older Washingtonians were indeed fortunate to have had such an active and compassionate advocate.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

Medicare and My Medicines—What's Next?

If you have Medicare, you've probably heard about new Part D, which will cover prescription drugs beginning in 2006. This is the first of three articles by the George Washington Law School's Health Insurance Counseling Project that will explain what Medicare Part D will offer, and what it will mean for people in the District of Columbia.

Most of this information applies to people living in Maryland and Virginia as well, but for specific questions, people should contact their local SHIP program. SHIPs are State Health Insurance Programs, and each state and the District of Columbia have SHIP programs giving free, confidential and neutral help for people with Medicare. You can find out the phone number for your local SHIP by contacting the Health Insurance Counseling Project, toll-free, at 1-888-638-1222.

Here are some questions and answers about the new drug benefit:

Q: What is Medicare Part D?

Medicare Part D is a new benefit that will help people with Medicare pay for prescription drugs. This benefit will be made available through private companies, which will offer Part D services for a monthly premium. For people with limited incomes and other financial resources, as well as people with prescription costs over \$100 a month, Medicare Part D can provide significant help.

Q: Who can get Medicare Part D?

Anyone who is entitled to Medicare Part A, or enrolled in Medicare Part B, can get Medicare Part D. If you have Medicare, you can get Medicare Part D, and if you are just about to get Medicare, you will be able to get Part D when you get Medicare.

Q: Am I required to get Medicare Part D?

Unless you have Medicaid, the new Medicare Part D is voluntary; people can choose whether or not to join a plan. People with Medicaid will be automatically enrolled in a Part D plan, but they can choose which plan they prefer and can change plans if they are not happy. If you wait to get Part D, and then want to join a plan after May 15, 2006, you may pay a penalty of higher premiums: You may be charged an additional 1 percent of the premium cost for each month that you could have had Part D but did not sign up.

Q: How much will Part D cost?

People who enroll in Part D will pay a monthly premium, which may be different with different companies. The federal government estimates that the average premium charged in 2006 for Part D will be \$37 a month. This premium can go up in future years.

Q: What does Part D provide?

To understand Medicare Part D, it helps to compare it to Medicare Part B, which covers most visits to doctors' offices, specialists, and other outpatient medical services. Most people with Medicare are familiar with Part B, which is also a voluntary program and which also requires payment of a premium, which in 2005, is \$78.20 a month.

Medicare Part B has a deductible: Beneficiaries pay for the first \$110 in medical costs on their own before Part B starts to pay. Medicare Part B also has a copayment: After paying the deductible, Medicare beneficiaries pay 20 percent of the approved cost of covered services, and the federal government pays for the other 80 percent.

Just like Medicare Part B, the new Medicare Part D will have a deductible and copayments. Medicare beneficiaries with Part D will pay for the first \$250 in costs for prescription medicine on their own. For the next \$2,000 in prescription costs, however, the Medicare beneficiary will only pay 25 percent of the price of the drug, and Medicare Part D will pay the rest, or 75 percent of the cost of the drug. When total drug costs equal \$2,250, Part D stops paying a share, until total drug costs reach \$5,100 in a calendar year, when Part D will again help by paying 95 percent of drug costs for the rest of the year.

Unlike Medicare Part B, beneficiaries will not enroll through Social Security, but through private companies, and will pay premiums to the private companies rather than paying through a deduction in Social Security benefits. Unlike Medicare Part B, the premiums that beneficiaries will pay for Part D, the list of covered drugs, and the price of these drugs, may be different for each company. Unlike Medicare Part B, beneficiaries will be able to change plans once a year during "open season."

Q: What if Medicaid pays for my prescriptions?

If you now have Medicaid, you will be automatically enrolled in Part D and you will not need to pay a premium. You will want to choose the best plan for you, to make sure the plan will cover all of the brand-name drugs that you want to take; otherwise, a plan could ask you to take a generic drug or a different brand-name drug that treats the same medical problem instead. If a plan does not cover your brand name drug, you can switch plans, but it may cause a delay in getting the medicine you prefer.

Q: What if I can't afford \$37 a month?

If you are single and have limited income and resources - monthly income under \$1,196 a month, and resources (bank accounts, life insurance policy, etc.) lower than \$11,500 - you can get help paying the plan's monthly premiums, a lower deductible and lower copayments - and you may even get Part D at no cost. For a couple, you can get help to pay for Part D if your combined income is below \$1,604 a month, and your resources are below \$23,000.

In the District of Columbia, if your income is below the limits above, and your resources are lower than \$4,000 for a single person, or \$6,000 for a couple, you can also get your Medicare Part B at no cost; this benefit is worth about \$800 each year. Everyone with limited income and resources should fill out the general application for D.C. Medicaid, which also covers the Medicare Part B and Part D programs.

Call 202-727-0000 to get an application for the Medicaid program. In the fall, you should pick the plan that is best for you. Call 202-739-0668 for help with filling out the Medicaid application, or with choosing a plan.

Q: Where can I get more information?

The next issue of "Spotlight on Aging" will include detailed information about the help available to people with limited incomes and resources. The following issue will discuss the factors people should use to decide whether or not to join a plan, and how to choose a plan. No one can enroll in a plan before November 15, 2005, so you have time to learn about your options.

You can always call the G.W. Health Insurance Counseling Project with questions about Medicare or other programs to help people with Medicare. Our number is 202-739-0668. If you live outside the District of Columbia, you can call 1-888-638-1222 to find your local SHIP program.

Ms. Senior D.C. 2005 Crowned

The Ms. Senior D.C. Pageant paid tribute to the Cotton Club era with a backdrop of a club scene featuring dancers, couples dancing and club host Jerry Phillips. The contestants, wearing black or white dresses adorned with red boas, were featured in a dance number with the Columbia Senior Steppers.

Sandra Bears, 61, was crowned the winner of the pageant. Wearing a beautiful coral colored long dress with a matching flower in her hair, she had the audience swooning to "At Last," originally performed by Etta James. She received the Best Talent Award for her performance.

Bears was one of five District residents 60 years and older to compete for the title. First runner-up was Kaye D. Henson, who tapped to "Steppin' Out With my Baby" wearing sequined tails and top hat.



Ms. Senior D.C. Sandra Bears with son in-law and escort Herbert Bailey after crowning. Left to right: Lucille Watson, Kaye D. Henson, Ms. Senior D.C. 2005, Betty Cooper and Sarah A. Barringer.



During the evening gown segment of the pageant she wore a stunning bronze taffeta gown with sweetheart neckline and wrap. She was escorted by her son Ernest Henson, Jr. Henson also received the Best

Interview and Best Salesperson Awards.

Second runner-up was Betty Cooper, 60, who sang "Summertime" wearing a white suit with matching flower in her hair. Third runner-up was Lucille Watson who danced to "Jazzy Lady." Performing a praise dance during the talent presentation, Sarah A. Barringer placed fourth runner-up in the pageant.

Contestants received gift baskets courtesy of Vision DC and will receive cash prizes for participation in the pageant. Ms. Bears will represent the District of Columbia in the Ms. Senior America Pageant to be held later this year. The Ms. Senior D.C. Pageant is presented by the D.C. Office on Aging, Family and Child Services of Washington, D.C., Inc. and the D.C. Senior America Cameo Club.

D.C. OFFICE ON AGING NEWSLETTER

Community Calendar

August events

2nd • 11 a.m. to 2 p.m.

Ward 7 and 8 seniors can sign up for energy assistance at SOME Dwelling Place Senior Center, 2812 Pennsylvania Ave., S.E. Call Nicky McKenzie at 202-238-4718 for more information.

3rd, 10th & 24th

The Washington Seniors Wellness Center offers basic Pilates mat classes on Wednesdays. Improve your posture and strengthen your back. The center is at 3001 Alabama Ave., S.E. Call Vanessa Williams-Harvin at 202-581-9355 for more information.

4th • 1 to 3 p.m.

IONA's Reminiscence Group will meet to discuss the topic "Civil Rights and Workers' Rights: How These Issues Influenced Our Lives" at 4124 Albermarle St., N.W. For more information, call 202-895-9448.

9th • 11 a.m.

A Social Security Administration representative will do an "Extra Help" Medicare presentation at SOME Dwelling Place Senior Center at 2812 Pennsylvania Ave., S.E. Interested seniors should call 202-582-7138.

9th & 10th • 11:30 a.m. to 12:30 p.m.

Attend a free medication management and disease prevention program at the Washington Seniors Wellness Center. Have your medications checked. The center is at 3001 Alabama Ave., S.E. Call Vanessa Williams-Harvin at 202-581-9355 for more information.

10th • 11 a.m.

Celebrate Grandparents' Day with fun, games and tributes to grandparents in the community at

the Phillip T. Johnson Senior Center. The center is at 3200 S St., S.E. Call 202-584-4431 for more information.

16th • 1 p.m.

Ted Mason will read from and discuss his book *Tales Before Midnight* at St. Mary's Court, 725 24th St. N.W. Signed copies will be for sale. Call 202-659-5645 for more information.

17th • 11:30 a.m.

The Greater Washington Urban League will host a seminar on consumer information at Ft. Lincoln I Senior Nutrition Center. The center is at 2855 Bladensburg Rd., N.E. Call Vivian Grayton at 202-529-8701 for more information.

18th • 1 to 3 p.m.

IONA's Reminiscence Group will meet to discuss the topic "Happy Beginnings and Fond Farewells" at 4124 Albermarle St., N.W. For more information, call 202-895-9448.

18th & 25th • 9 a.m. to 1 p.m.

Get a free blood pressure screening at the Washington Seniors Wellness Center at 3001 Alabama Ave., S.E. Call Vanessa Williams-Harvin at 202-581-9355 for more information.

Ongoing events

2nd, 9th, 16th, 23rd & 30th**• 9:30 to 11:30 a.m.**

IONA Senior Services offers watercolor and acrylic painting classes every Tuesday at St. Mary's Court, 725 24th St. N.W. Cost is \$5 per class. Call 202-659-5645 for more information.

5th, 12th, 19th & 26th**• 11:15 a.m. to 12:15 p.m.**

IONOA Senior Services offers low-impact stretching and gentle exercise classes every Friday at St. Mary's Court, 725 24th St. N.W. Call 202-659-5645 for more information.

Mondays and Fridays**• 10 a.m. to 3 p.m.**

The IONA/AARP Self-Help Office is available to address consumer complaints and give legal advice. IONA is at 4124 Albermarle St., N.W. Call 202-434-2094.

Ongoing • 10:30 a.m.

Throughout August, seniors will be able to pick their own fun activity every morning at the Phillip T. Johnson Senior Center. The center is at 3200 S St., S.E. Call 202-584-4431 for more information.

Upcoming events

Oct. 1 • 9:30 a.m.

BODYWISE Walk 'round the World, will take place on Dennard Plaza, at the University of the District of Columbia's Van Ness campus and at the Embassy Compound. This event will honor Tuskegee Flyer and Test Pilot Wylie Seldon and former chair of the D.C. Commission on Aging Jim Booze. To register, call 202-274-6697.

Sept. 8 • 10 a.m. to 3 p.m.

ELDERFEST will take place on Freedom Plaza, on Pennsylvania Avenue between 13th and 14th Streets, N.W. Enjoy music, live entertainment and information exhibits, and purchase handmade arts and crafts, homemade baked goods, and food from vendors. For more information, call 202-581-8100.

Message from the D.C. Commission on Aging



Aging Commissioner Elfrida Foy speaks to the students at the event.

The D.C. Commission on Aging recognized District students for their participation in the **Calvin W. Rolark Intergenerational Poster Contest**. The theme for the poster contest was "Celebrating Long-Term



Students from William E. Doar Public Charter School attended the event.

Living." Dr. Samuel Cornelius, Chairman of the Board United Black Fund, presented the monetary awards, which were contributed by the United Black Fund, to eight D.C. Public School students.

This year's theme was chosen to celebrate the many important contributions

that seniors make in the lives of our youth. The sharing of experiences and knowledge is vital to development of well-rounded young people. Also, seniors enjoy the interaction.

This is the thirteenth annual Intergenerational Poster Contest held to promote intergenerational interaction and the many ways that the youth and elderly share in each others' lives.

The following students are the poster contest winners:

Grades 1-5

1st Place - \$125.00 Katie Thomas-Canfield
Grade 4, Watkins Elementary School:
Jennifer Smith, *Principal*

2nd Place - \$75.00 Cheyenne Patane'
Grade 4, William E. Doar Public Charter School:
Mr. Freeman, *Teacher*; Nadia Casseus, *Principal*

3rd Place - \$50.00 Victoria Cerrita
Grade 3, William E. Doar Public Charter School:
Mr. Freeman, *Teacher*; Nadia Casseus, *Principal*

Honorable Mention - \$25.00 Brianna Lawson
Grade 3, William E. Doar Public Charter School:
Mr. Freeman, *Teacher*; Nadia Casseus, *Principal*

Grades 6-8

1st Place - \$125.00 Kianna Gloster
Grade 8, Hine Jr. High School:
Camilla Younger, *Teacher*; Gary Rosenthal, *Principal*

2nd - \$75.00 Mellisa Behm
Grade 6, Ketcham Elementary School:
Donna Simpson, *Teacher*; Joyce Grimes, *Principal*

3rd Place - \$50.00 Page Bass
Grade 8, Hine Jr. High School:
Camilla Younger, *Teacher*; Gary Rosenthal, *Principal*

Honorable Mention - \$25.00
Dusehm Middleton
Grade 6, Slowe Elementary School:
Pat Harris, *Principal*

Honorable Mention - \$25.00
Ryan Marcellus Johnson
Grade 6, Sharpe Health School:
Brenda Jenkins, *Teacher*; LaGrande Lewis, *Principal*



Honorable Mention goes to Ryan Johnson from Sharpe Health School.

Grades 9-12

1st place - \$125.00 Ginne Stover,
Grade 9, Hine Jr. High School:
Camilla Younger, *Teacher*; Gary Rosenthal, *Principal*

2nd place - \$75.00 Joseph Philpot
Grade 9, Hine Jr. High School:
Camilla Younger, *Teacher*; Gary Rosenthal, *Principal*

3rd place - \$50.00 Tyrone Pinkney,
Grade 9, Hine Jr. High School
Camilla Younger, *Teacher*; Gary Rosenthal, *Principal*

Honorable Mention - \$25.00 Whitney N. Simms
Grade 9, Hine Jr. High School:
Camilla Younger, *Teacher*; Gary Rosenthal, *Principal*

D.C. OFFICE ON AGING NEWSLETTER

Senior Citizens Police Academy Launched

The Metropolitan Police Department and the D.C. Office on Aging launched the city's first Senior Citizens Police Academy. Seniors will participate in a 12-week session to help them learn problem-solving skills and more about the role of the police in the community.

This program provides seniors with tools, resources and information that can help them avoid becoming victims of crime, while also allowing them to get more actively involved in the Police Department's "Policing for Prevention" strategy of community policing.

Persons interested in enrolling in future academies may call 202-724-5626 or 202-727-2065.



Executive Director E. Veronica Pace speaks during the opening. City Administrator Robert Bobb (second from right) wanted a program to focus on public safety.



Executive Assistant Chief Michael Fitzgerald talks to a senior during the kick-off of the Senior Citizens Police Academy



Participants eager to begin the sessions listen intently.

SPOTLIGHT ON AGING

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The D.C. Office on Aging does not discriminate against anyone based on actual or perceived: race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, and place of residence or business.

Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

The Office on Aging is in partnership with the District of Columbia Recycling Program.

Free Home Repairs for Low-Income Homeowners in D.C.

Rebuilding Together with Christmas in April is a one-day free home repair community service program that targets low-income elderly and/or disabled homeowners and families with young children. All repairs are completed by volunteers for free.

Rebuilding Together provides home repair services, at no cost, to low-income homeowners who are elderly, disabled or have families with chil-

dren. Serving the community for 23 years, volunteers specialize in handicap accessibility, plumbing repairs, electrical safety, roof repairs, yard cleanup, interior painting, first-floor level exterior painting, and other minor repairs.

They are currently accepting applications for April 2006. To apply, call 202-965-2824 for an application or e-mail rtdc@rebuildingtogetherdc.org.

Government of the District of Columbia

DEPARTMENT OF HEALTH

HEAT ALERT

Watch Out For The Heat Wave:

When temperatures are 90 degrees and higher, we must be very careful not to become victims of heat exposure. Hot, humid temperatures can cause many medical problems, such as heat exhaustion, heat cramps and heat stroke, especially if you are very young, elderly, overweight, or homeless. It is important to check on the homeless, as well as elderly or disabled relatives and neighbors or friends. Also, it is important to keep a close watch on infants and younger children and to make sure they drink adequate amount of liquids to prevent dehydration and other heat-related illnesses. Your chances of getting sick in hot weather are increased by:

- Drinking alcoholic beverages
- High blood pressure
- Problems with circulation
- Diabetes
- Previous stroke
- Infection or fever
- Diarrhea
- Weak or damaged heart
- Improper air ventilation
- Skin diseases or sunburn which may reduce sweating
- Asthma and other respiratory conditions
- Taking certain medications (check with your doctor)

What Are The Warning Signs?

- Headache
- Nausea, clamminess, chills
- Weakness or fatigue
- Dizziness or periods of faintness
- Rapid breathing

- High body temperature
- Dry, hot skin
- Severe muscle pain (arm, leg)
- High blood pressure
- Anxiety and listlessness
- Unconsciousness

What Should You Do If You See A Warning Sign?

- Stay calm
- Call a doctor or an ambulance (9-1-1)
- Lie the victim on his or her back
- Loosen victim's clothing or remove as much clothing as possible
- Give victim sips of water- only if victim is alert and can swallow
- Raise victim's feet about a foot from the ground
- Fan the victim's skin
- Apply cool, wet cloths to victim's skin
- Move victim to a cool area if possible
- Avoid massaging victim's muscle cramps
- Avoid using heat packs

How To Prevent Heat Illnesses:

- Drink plenty of fluids- plain water is good
- Avoid hot and heavy meals
- Avoid strenuous outdoor activities
- Try to sit in a shady area
- Wear a hat and loose clothing (light colored)
- Avoid alcoholic or beverages with caffeine
- Stay out of the sun as much as possible
- Visit a cooling center in your area (call the helpline for locations)

Helpful Telephone Numbers:

Heat Emergency Helpline: (202) 673-6800
Homeless Hotline: 1-800-535-7252
Medical Emergency: 9-1-1



Government of the District of Columbia
Anthony A. Williams, Mayor